

QC

CITY FACES:

Domestic craft
meets street art in
yambombing **P. 14**

MUSIC:

Silent Sea's Celia
Ellerman steers a new
musical path **P. 16**

SHARP EATS:

Top six ways to enjoy
Sask. cherries this
summer **P. 18**

NO AIRS ABOUT HER

DOWN-TO-EARTH
SHEILA COLES
STILL LOVES HER JOB
AFTER 20 YEARS **P. 6**



FREE

FASHION

We want to feature your favourite outfit in QC.
Send a photo to qc@leaderpost.com

REGINA FASHION

Allan Pulga: The shoes make the man

By Ashley Martin

Style seems to run in Allan Pulga's family.

"My grandpa was a really fashionable guy," Brian thought he didn't have a lot of money. He used to have son Army and Blue Mandle finds to create a sharp look.

"He would always wear fedoras with feathers in them, cufflinks, tie, dress shirts and neckties, so I think we put kind of inherited that interest in fashion," said Pulga who works in communications at KQBC 10.

Though today he looks a classic pro, much like his dad. Pulga's father, love, remains. He is a self-described sneaker head.

I grew up playing basketball so I was always crazy about basketball shoes." His style can see Will Smith in Fresh Prince of Bel Air.

He remembers when he was 11 or 12, he sneaked away from a family shopping trip to Mead. He hid a closet from was a pair of Nike Air Command Force David Robinson basketball shoes.

There's a photo of him standing on the shoes against his chest.

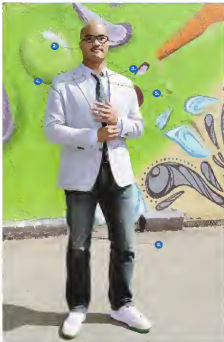
"It was just kind of like, 'This guy is destined to be a sneaker head, he has, along with his shoes'."

Pulga has about 60 pairs of sneakers. Most up on a shelving unit in his basement.

"When I go downstairs it's like I have my own shoe store to look from, which is really fun."

He doesn't play favorites either. "I think part of being a sneaker head is just appreciating different sneakers for different reasons, and that's why you accumulate so many because five pairs just [don't] do it."

"If you're into collecting stamps or you're into collecting footballs, you like them for subtle differences between them and that's totally how it works with sneakers."



Allan Pulga has a passion for sneakers — he currently owns about 60 pairs. QC PHOTO BY DON HENRY

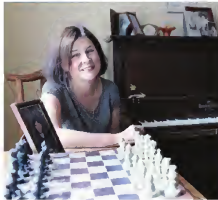


Outfit:

- GLASSES:** Given from Cornwall Optical
- EARRINGS:** Metal studs at Cornwall Centre
- TIE:** Club Monaco in Winnipeg. "It works if it goes with it, but I don't look to match an outfit with a subtle or anything like that. Just whatever looks good."
- JACKET:** Banana Republic in Winnipeg
- SHIRT:** I grew up in San Diego. "I just like simple, understated, classic clothes, things that are timeless and don't go in and out of style."
- WATCH:** Tag Heuer 11500 diving watch from Brite in Calgary
- BELT:** Basic outfit in Talpak Wash
- JEANS:** Levi's 504 from Levi's outlet in Talpak. "I love outlet malls."
- SNEAKERS:** Adidas Rod Laver tennis shoes from Scotiabank Arena

INDEX

ON THE COVER P. 6



Sheela Cohen just celebrated 20 years being CMC's *The Morning Edition* QC photo by BRITTA SCHLOSSER

TABLE OF CONTENTS

FASHION — 2

Self-proclaimed sneakerhead shows more than 60 pairs of shoes

IN THE CITY — 4, 5

Photographer Michael Bell's best shot of the week

COVER — 6

Why after 20 years, radio host Sheela Cohen still loves her job

INVENTORY — 11

Mission: Clothing/objects that boardsiders enjoy

ON THE SCENE — 12

At the Regina Folk Festival

CITY FACES — 16

Jennifer Shelly-Kruskalski does a different type of street art

PARENT TO PARENT — 15

How did you approach maternity fashion?

MUSIC — 16

Silent Sock's Carla Olesman shows a new musical path

CROSSWORD AND SUDOKU — 17

SHARP EATS — 18

The top six ways to enjoy your cherry season

OUTSIDE THE LINES — 19

Artist Stephanie McKay's weekly colouring creation

READ MY BOOK — 20

Annette Bower's love story weaves in local subjects

EVENTS — 21

WWE WORLD — 22

Light Portuguese wines suitable anytime — even at breakfast

MY FAVOURITE PLACE P. 5



Debbie Whismar (back) celebrates (from top left) Patrick Bink and their children Joseph and Evelyn their community gardening plot at Regina QC PHOTO BY BRITTA SCHLOSSER

QC COVER PHOTO BY BRIAN SCHLOSSER

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IN THE CITY

AUG. 10, 2013 — 1:37 P.M.

Chairman of the board



Casson Kallen competes in the men's 18- to 24-year division at Wake Jam held at Wassataw Lake over the weekend. GC PHOTO BY MICHAEL BEE.

YOUR FAVOURITE PLACE

QC wants to hear about your favourite place in Regina. Email qc@leaderpost.com

MY FAVOURITE PLACE

Garden keeps artist rooted in nature

By Andrew Matto

Regina artist Debbie Womack Boek might have left her family's farm near Gleason to attend university, but her affinity for rural life has stayed with her. When she discovered that the shade provided by tall trees made growing vegetables in the backyard of her Cathedral home ampossible, she made another discovery. Four years ago, she found the city corner city garden on 13th Avenue, west of Levee Drive. Since then, the painter who specializes in nature themes is able to celebrate her connection to the outdoors while working with her husband Patrick, daughter Evvy and son Joseph. That's why the garden is her favourite place.

Q What was it like on the farm where you were raised?

A It was a mixed farm. We had livestock and we had a grain farm as well. We had typical crops like wheat, barley, canola and mustard.

Q What are some of the things you liked best about farm life?

A When you grow up on a farm, you spend a lot of time outside. And that stays with you. So I always want to spend as much time outside as I can. I also learned how to garden and grow my own food. You can tell the difference between when you grow your own food, it tastes way better.

Q What got you thinking about gardening as an artist?

A Hering kids, I wanted to continue the tradition of knowing how to garden. I tried to garden in my yard but there was just too much shade.

Q What was your first season like at the community garden?

A I started with the basic like potatoes, tomatoes, corn, leeks, beans, herbs, cucumbers, pumpkins, melons and cabbages.

Q How has everything gone since your first crop?



Debbie Womack Boek (above) enjoys taking her children Evvy and Joseph Boek (left) to their favourite place and the big patch in Regina.

QC PHOTO BY MICHAEL BELL

Q Do you just like the garden?

A They love going to the garden. It's exciting for them to see how every thing grows. In the spring, it's just a big patch of black dirt. So they help me plant the seeds and then they get to see the plants come up.

Q What do you think they get out of it?

A Now, the garden is totally full. To me, sunflowers grow to six or seven feet, they get to see life. It's exciting.

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A Now, the garden is totally full. To me, sunflowers grow to six or seven feet, they get to see life. It's exciting.

Q Do you know why they like it so much?

A I think maybe my excitement rubs off on them.

Q What other reasons do you think a garden offers?

A I like how it shows them where food comes from. It shows them not to take things for granted when we go to the store to buy food. It's easy to just pay for it and never think about who grew it or where it came from or how much work it takes.

Q So when they see how much work that goes into it, they appreciate it more.

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Q So when they see how much work that goes into it, they appreciate it more.

A We have had some ups and downs.

A We're still learning. We have the best garden, that's for sure. But that's good because I like to keep learning and get better as a gardener. That overall, it's been great.

Q What has been your biggest challenge?

A Last year, we had a lot of aphids who came and ate a lot from our garden. So we had to deal with that.

Q How do you deal with aphids?

A You try to get to the garden as much as you can. And if they dig a hole and take up residence in your garden, you just water down the hole and that drives them away. It makes them go somewhere else. Aphids can be bad because there can be a lot of them. They tend to take over some- times. We also have a lot of rabbits out there. We don't have any problems with people who come out to trash the garden or steal anything.

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ON THE COVER

(An interview) can be a pretty amazing thing; it can be really telling if you ask the right questions. — Sheila Coles

■ RADIO HOST

After 20 years on air, work is still exciting for Coles



CBC Radio One's Sheila Coles celebrates her 20th anniversary as the host of *The Morning Edition* on June 20. QC PHOTO BY ANDREW LACROIX

By Ashley Martin

In a rare role as interviewee on June 28, the celebration of her 20th anniversary as host of CBC Radio One's *The Morning Edition*, Sheila Coles

spent half an hour in the hot seat, answering questions from listeners and public figures. Author Yann Martel got right to the point.

"Like question was, 'How happy?'" It seems she is

Per 26 years, Coles has loved her

job. How many people can say that?

She hasn't been bored, "not one single day" and considers herself lucky.

Before being admitted to the University of Regina's School of Journalism in 1993, Coles was asked why

she wanted to be a journalist.

"I said because every day is different and you learn new things every day about people and what makes them tick."

That remains true. Though she's glad to be on the morning end of in-

terviews, Coles prefers to be the one asking the questions.

She was a teenager when she first realized the power of an interview. It was only in part influenced by her father Robin Taylor, a journalist and founder of *The Fifth Estate*.

Every day there are all these great narratives from Saskatchewan people. It's a privilege to be able to ask them questions and talk to them about their lives — Coles



Host of The Morning Edition on CBC, Sheryl Coles has also caught a crasher on interviewing University of Regina journalism students. GC PHOTO BY SIMON SCHULZKE

He was producer of the supper hour TV news in St. John's, Nfld., at the time, so she barely traced in every evening. Rex Murphy was the last Coles could barter exchange with then partner Joey Smallwood.

"I pulled my hand out of the sand and went 'nope, because there were real fireworks in that interview," said Coles, who realized an interview "can be a pretty amazing thing, it can be really telling if you ask the right questions."

When she was in her early 30s, living in the Channel Islands, U.K., she forewent a previous goal of a teaching career due to the influence of her boyfriend at the time, a reporter for The Jersey Evening Post. Shadowing him on assignments, she realized her calling, even though she already had an education degree from Memorial University in St. John's and had taught one year in Shad Harbour.

Through the U of R, she landed an internship, then a job, at CBC Radio in Regina. She has "no regrets" about dropping out of journalism school before graduating.

"I'd never notice anyone now to quit, but it was a difficult time," said Coles. She jokes that U of R should give her an honorary degree, since she has taught an interesting course to journalism students for years now.

Twenty years is a long time spent in the same job, especially since before this, Coles hadn't had much of a track record. "When I took this job, I had never stayed in a job for longer than two years and I thought, 'I'm going to give this one at least three'."

But she hasn't going to work every day, even when it means losing an off-kilter schedule from most friends and family. A friend once remarked, "I envy your job because your job is as you get to have coffee with people every morning."

Coles agreed, but amended the statement: "I get to have coffee with the most interesting people in the province."

And it's true. It's unusual at this provincial convention and the people who live in it. There's a saying that people are capable of the best and the worst you can imagine, but in my experience, it seems more toward the best.

Continued on Page 8

It's different than any other job you could have. It's just a different lifestyle and it makes Sheila part of who she is.
— Leisha Grebinski

"Every day there are all these great moments from Saskatchewan people. It's a privilege to be able to ask these questions and talk to them about their lives."

♦ ♦ ♦ ♦

For 39 years, the radio show host's day has begun at the dark. Gales gets to work at 5 a.m. The show begins at 6.
"People think you get used to it. You never do. Sometimes it's brutal!"

By the end of the show's first hour she has usually consumed a big Thermos of coffee.

"Coffee gets me through the day, gets me through the morning, any day."

After 8:30, when the show is over, Gales will opt for an hour of quiet time or a run at Wascana Park, until the least a 10 a.m. story meeting.

She leaves the office around 1:30 p.m. The afternoon might hold a trip to take her over to bedouin, which in theory

is all it gets. In practice, it can be a different story. Part of her job is to represent CBC at certain events, which can make for some late nights.

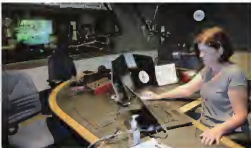
"An morning show, looks, we become obsessed with sleep patterns and when you eat and what you eat and if you nap and when you go to bed," said

a laughing Leisha Grebinski. Gales for her colleagues on The Morning Edition is a new host of the new CBC Radio show, Saskatoon Morning.

"It's different than any other job you could have. It's just a different lifestyle and it makes Sheila part of who she is. I work to work before anybody else is even up... It's like being backstage at a show or something, it's just this really weird dynamic and that's just so much a part of who Sheila is and the life that she lives."



Leisha Grebinski.



Sheila Gales gets to work at 5 a.m. every day for The Morning Edition's 8:30 a.m. start time. leisha@galeinc.com

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People, from the days of sitting around the fire when there were cavemen, enjoyed good narrative about people's joys and people's struggles. It's still that. —Coles

Friday night has a usually a winch! Coles' husband of 30 years, Terry White, has a long-standing third date because his wife is tired out by a week of early mornings.

Her three children, Lisa, Alison and Nathan, are now grown. When they were small, they'd go to bed before their mother, but that didn't last.

♦ ♦ ♦ ♦

The hours haven't changed, but aspects of the job have shifted drastically with technology.

"When I started my job, we still had type writers," said Coles.

"When I started hosting the show, you would get mail with a stamp on it about a story that aired the week before. Now, while interviews are in progress, listeners comment on social media and their comments are woven into the show, along with music and other creative touches.

"It's so much more immediate. I probably can get one letter every two weeks, if that." Even emails have divided as people prefer to comment via email media.

The way they're told stories has changed too — interviews used to be longer and more solid. Coles. But a good story is still a good story, and that hasn't changed.

"People from the days of sitting around the fire when there were cavemen, enjoyed good narrative about people's joys and people's struggles. It's still that."

"The way we tell the stories is different. The way people interact with you is different, but at the core one story is about good service, it is about what makes people tick."

"I don't see our interest in the human experience ever going away."

These are the stories that Coles loves to tell. She is drawn away by a fifteen-year-old's extraordinary experiences.

"Whether it's the mother who lost her daughter to bullying or the fire chief who had two hours' sleep because his command is threatened by going under water. Those are incredible stories. Going members who've got out of the gang lifestyle — you're just as full of admiration for these people."

"Those are the amazing stories. Those stories tell the interactions with politicians and celebrities."

Any change as this growing province is CBC's addition of a second morning show in Saskatoon. While The Morning Edition traditionally covered the entire province, it will soon take a step back from the Saskatoon area.

Saskatoon Morning launched online in



Shelia Coles enjoys telling Saskatoon's unique stories on CBC Radio. (Photo by Jeff van der Wal)

early May. It will hit the airwaves on 101.1 FM this fall, when a CBC listener is expected to come through. Listeners in the area will still have the option of hearing The Morning Edition on 101 AM.

"I guess you could say it gives people more choice," said Coles.

The two morning shows are working to get together, trading and sharing some guests of professional interest. But until Saskatoon Morning is on the radio waves, its presence hasn't much impacted the Region team.

"We're still doing pretty much the same stories we have been doing. I guess once they are on we will back away from having as much focus on Saskatoon," said Coles.

Gembuski, a former associate producer on The Morning Edition, has been easing into her new hosting role with Coles's eager support. Over the span of a decade, since Gembuski worked as an intern on Coles's show, the two have developed a close friendship.

"I've told that Sheila's been very supportive of me as I've moved into this new role. And part of the reason I wanted to be a host is because she's inspired me over the years," said Gembuski.

♦ ♦ ♦ ♦

Few people in Saskatchewan can claim an celebrity status. Coles probably could, but she doesn't.

"It still comes as a surprise to me when I'm not getting groceries or something like that and someone comes up and says 'Hi you're Sheila Coles, I love your show'."

Any delicious one might have had resonated at by others in her children. "Your kids keep you pretty grounded. When you're just 'mom', what's for supper?"

But more importantly the culture of their show is very low-keyed. No one is the star, she said.

"It's not about one person. They contribute so much. And we don't take ourselves too seriously. No one wants to be too serious."

The staff in between guests drifts in day to day life, says Ted Decker, who has read news on the show for about a decade.

"We're kind of open books," he said. "There's nothing that we're really shy talking about. If you listen regularly you probably know Sheila Coles."

"We look at other anchor people or hosts and



Shelia Coles with her father Robin Taylor in 1976 in Joliet, Ontario. (Photo by SHARON HOPKINS)

you think. I don't really know much about that person. They never really open up and share stories about what they do in their spare time. But Sheila talks about her spare time and the things she's passionate about."

"There's no airs or pretensions. It's just Sheila Coles. That's who you're listening to and she's telling you pretty much everything that's going on. She's just a very likable human being."

There's nothing that we're really shy about talking about. If you listen regularly, you probably know Sheila Coles — Ted Deller

COLES NOTES

- She's a Trekker: "I've always loved Star Trek since the first time around and then I watched reruns. My little sister who's 12 years younger than me used to sit on my knees and I (would) tell her about all the characters. "I got to interview William Shatner when he was here so that was a big career highlight."
- Her maternal grandmother Doris Bolton was an Espionist in the south of England: "She was kind of a spy in the 1940s. Their house was called Espiro, which means hope in Espionist."
- She's a fan of The Walking Dead
- She's an avid runner who runs outdoors year-round, preferring winter. She usually runs three times a week and has done two half marathons, one with each of her daughters.
- She loves Regina and Saskatoon equally: "We lived in both cities and I find Regina people never badmouth Saskatoon" when she considers it a second home. "The first time I moved there, when I mentioned I had moved from Regina, it was like, Oh you're so lucky to get out of that place, and very critical of Regina. But I don't find it goes the other way."

- She's planning a six-month leave of absence, beginning next fall, to travel to Southeast Asia. It was inspired by her son who spent four months in Thailand, Cambodia and Laos. "I don't really like to travel by myself. I like to experience places with other people."
- She lived in China for a year in 1988. Her daughter Alison was born there.
- She was born in England and moved around a lot as a child, living in Vancouver, Newfoundland, Barbados and other places in between.
- For the past eight years, what's gone on in Northern Saskatchewan with a group of friends dubbed the Shoo Bear Circus Club: "Northern Saskatchewan is the most beautiful place in the world. You can paddle and go for days without seeing another being soul. It's so peaceful."
- She met her husband on her first night in Regina. He was a journalist seeking advice from her father's a CBC senior manager about applying for a job and said, "He didn't get the job, fortunately. If he got the job, his history would have been different."



Sheila Coles, with a cabinet of Star Trek's Captain Kirk in a self-absorbed Rockies, get ready to make some noise.



Next week in QC

Breastfeeding advocates and experts like Kim Smith extol the health benefits for infants and mothers

ON THE SCENE

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REGINA FOLK FESTIVAL



ON THE SCENE

REGINA FOLK FESTIVAL



Aside from a lot of sun early Saturday, Mother Nature smiled on the Regina Folk Festival last weekend. With artisanal vendors, an array of food, and workshops and concerts on four daytime stages, Victoria Park was the setting for three idyllic days Aug. 9 to 11. Headliners Feat., Loreena McKennitt and Peelo Cape entranced the crowd of 5,000, which also found some new favourites in lesser-known acts like Colours Rose, Charles Bradley and Main Man.

1. Thousands of people flocked to the band Peelo on the final night of the Regina Folk Festival.

2. Tia Santa

3. Mark Bello, Ryan MacNeil and Ste Mackey

4. Jenna Smith (center)

5. Will Cairns of the band Close Talker

6. Josh Coleman and granddaughter Chloe Bouvier

7. Medicine Lodge and Gid Lynsagh

8. Jon Sookachoff

9. Sarah Moss and Luke Robinson

10. Sam Fier and Michelle Berber

QC PHOTOS BY MICHAEL BELL



CITY FACES

#YARNBOMBING

Domestic craft meets street art

By Ashley Martin

Bombing is aggressive, destructive, negative. Add a simple four-letter word to its front, though, and you have something bright and positive.

Yarnbombing is a relatively new form of street art. Balls of yarn, knitted or crocheted, spray across public surfaces — trees, shopping carts, bus stops, bike racks — and sometimes on larger scale items like city buses and phone booths. Since its inception in 2006, it has become an “international phenomenon,” said yarn bomber Jennifer Shelby Katuskas.

“It’s really fascinating because it’s non-permanent and it’s really light and cheerful. The (way the) public reacts to it is a form of graffiti, it’s really different than other forms,” said Shelby-Katuskas, a fine arts student at the University of Regina who signs her pieces Jen BK.

The median itself, it has domestic connotations and everyone relates to it in a different way and kind of gets warm fuzzy. And it’s really unexpected, people usually don’t know what it is.”

Her aim is that they will like because the future of art is to facilitate public interaction and bypass traditional structures like galleries, that could alienate people.

Shelby Katuskas is a knitting enthusiast, started to crochet when she was about six years old and learned to knit as an adult.

Handicrafts connected her to the rest of her family. As a fourth- or fifth-generation knitter, she appreciates the art because “it’s one of the few things we had in common that we could all talk about, so it was a way of keeping in touch.”

She found out about yarnbombing three years ago through a Dundas Art Gallery project and now does it every couple of months.

It’s a creative pastime, but nobody has ever spoken to Shelby Katuskas while she’s yarnbombing.

She got some weird stares the first time, and another time people went



Jennifer Shelby Katuskas (left), Jeff Dyer (center) and John Campbell yarnbomb a tree at the Regina Folk Festival held in Victoria Park on Saturday. GC PHOTO BY MICHAEL HILL.

out of their way crossing the street to avoid passing by her.

At the June Street Meet street art festival in Saskatoon, where Shelby Katuskas knitted for six years, people only stopped and stared at the yarn bomber. When she led 36 people in a yarnbombing session, though, the response wasn’t so ambivalent.

Like was at the Regina Folk Festival last weekend, where she collaborated with Common West to knit a yarn-bombing summer and bush Regina’s Victoria Park.

She heard lots of “wonderment” — things like “It’s amazing that’s so much work.” I think it’s really inspiring.”

People who knitted or crocheted under street law have been harassing it as

“It’s really phenomenal, the fact that it takes to make some of the public things,” said Shelby Katuskas. “In the end each project knowing she won’t get it back.”

“That’s the nature of street art — it wears down, unattended by the elements or it gets taken down.”

Shelby Katuskas crafts like it’s a full-time job. She spends at least eight hours a day knitting or crocheting whether it’s in her studio on campus, working on a yarn band with colleagues for her degree, or just to pass the time between classes at home. It’s a soft art form to do around her three-year-old son Luke, so the needles are involved.

“It’s really meditative for me, it’s something I have to do.”



Jennifer Shelby Katuskas, who led a yarnbombing session at Saskatoon’s Street Meet Festival, works in her U of R studio. GC PHOTO BY TROY PULICE.

NEXT WEEK: How do you make sure your kids are being active enough? Email qc@leaderpost.com

4 PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

How did you approach maternity fashion?

"Buy everything on sale" — no better description.

"Comfort is key! Also, make sure to buy cheap so you can buy enough for a new wheel every living month!" — [old](#) [Tucker](#) [@tuckermcnamara](#)

"Approach maternity fashion?
I mostly just worked up to the
silk" — *Al Smith*

With some of humour and the knowledge that 'his too shall pass' really helped A. Della Bondia and a couple Ours to Make Village, and tapping into friends' inactivity collections, also kept the roots down. Oh and the Anderson points that all the pregnant women began good-bye because 'fear wear them' — Nicole Chorney

"Show off that beautiful baby belly!" is a beautiful and something to be proud of! — Tanya Chene

"Loaded?" There are plenty of ways to be creative with your control dialing as long as you're not trying to "load the bulls." — Dave Stewart

"Noise kills. Cheap stuff that I could donate right back to the store after being" — Raine in *Noise*

"The [la] cool — there has been such a change in it from my pregnancy days when we all covered up!" — Betty Ann Hearn

"If it fit and it stretched I wore it" — Tom Leistikow

"I shopped at Thyse's maternity and the maternity section of some department stores. Being fashionable was not a large concern. Awareness focused on being comfortable and cool as I was very pregnant during summer with both boys."

— Chula Lambert

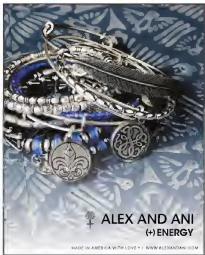
"I shopped for clothes that I liked and looked good. Celebrity fashion has come a long way in the last few years. I have bought a lot of clothes at Thyme and through online outlets and have borrowed from friends. And because you're pregnant about it, mean you can't afford good?" —
—Tina Turner

"Wulfance [in exasperation] at the moment, fashion happens in spurts. At home it's comfy clothes, sweats and T-shirts. At work I love my iron flat heels, long-sleeved shirt or jacket and pants. I find dress up way more enjoyable than not. Make a week feel like one! Make clothes mean to come from either as it's hard to find out only something different, but only—"
—Alissa Cornwell

"Yes, I did wear maternity clothes. Hillary daughter my son bought my first crop at Thyme Maternity when I was three months. I went back [probably didn't need to wear maternity clothes just yet, but I think I was just a bit scared]. I bought a lot of my clothes online, and also a few more things from Thyme." — *Chris Miller*

TI GIVED being pregnant. It was probably the only time in my adult life that I was completely comfortable with how my body looked. I dressed pretty modestly and shopped at maternity stores like Thyme and Motherhood Maternity, sadly (probably dressed better pregnant than I do now. To this day some of my favorite outfits I ever had are maternity sweaters." —Michelle Gosselin

"These were 2 months ago, decades ago. The first couple months I wore my husband's pants and then moved into some atrociously menial-type pantsuits — never to be worn again. First dresses were huge. Today's clothes are so nice." — *Lyle S.*



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MUSIC

WE'RE ON FACEBOOK: Visit us at
Facebook.com/qcregina

CAILA ELLERMAN

Lady driver steers a new musical path

I got my first guitar when I was 12. And it was my grandparents who got it for me. It was a classical guitar, and it took me forever to learn because the neck was so wide. When I was 15, I started to write stuff and I got the hang of it.

I actually drive a city bus in Saskatoon just for the summer. What I want to do eventually, I change my mind every year. This year it's marketing. Next year, it could be chicken farming.

When I work as a bus driver, I get all the crappy routes. I sometimes get the number two. It goes down 10th Street and that area of Saskatoon. It's not the most joyful route....

I like stuff like Jack Johnson and other acoustic singer-songwriter stuff. I am definitely more serious about music now. I was writing music right up until I was 18 but I didn't start playing at open mics and in public until a couple of years ago. I had always been a closet musician. So now that I'm out there, I absolutely love it. I get a total rush when I play music in front of a crowd.

These days, I'm working more as a band and moving from the singer-songwriter. I like it because I have people I can bounce ideas off of. For instance, one of the guys can say 'hey, I have a great idea for this bass line.' I think that's great because these are ideas I wouldn't have thought of. They are ideas that make the song better.



Saskatoon singer-songwriter Caila Ellerman toasts a band called Secret Sea. (66 PHOTOS BY MICHELLE KIRBY / PHOTO ILLUSTRATION BY TINA PASALA)

By Andrew Matte

Caila Ellerman is a young Saskatoon teen who already knows that there is strength in numbers.

The 21-year-old singer-songwriter is con-

tributing on the band she leads called Secret Sea, the name of which illustrates the first letter of her first name even though the C is a hard one. "It was kind of a mistake at the beginning but now it kind of works," she says.

Ellerman was given her first guitar at 12

and started to write songs at 15 before deciding to play in public after she turned 18.

After high school at Maroon Creek Collegiate, she travelled to Australia before studying marketing in Medicine Hat.

Though she is taking her life as a musician seriously and working on material on hopes

of making a debut Secret Sea album, she works at a city bus driver in Saskatoon and is hoping for a job as a graphic designer.

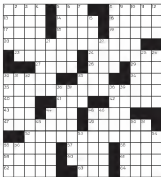
To listen to her music, visit www.reverbnation.com/cailaellerman, or follow her on Twitter at @cailaellerman and @secreetssea.

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Lovers' bond
 3 Laid-off
 8 Venture-cleaver board
 13 Quaintly "The Three
 14 U.S. city named for a
 15 Let off the hook?
 17 Self-adjusted, in
 18 ... 100 (Gemsell '92)
 19 Active
 20 Many traditionally have
 21 Gray in a novel
 22 Mouth
 27 In one's nose
 28 Carried
 29 Sippers said
 30 Denies expense
 31 Sips in a
 32 What few bulls may
 40 Firm
 41 Inside
 42 Double consequence
 43 Blues '86 unfairly
 44 Indulgent



PUBLISHED BY NEW YORK TIMES

- 61 John ... host of TV's
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JANNIK
CLASSIC
SUDOKU

Level: Beginner

Fill in the blank cells
 using numbers 1 to 9.
 Each number can appear
 only once in each
 row, column and 3x3
 block. Use logic and
 process of elimination
 to solve the puzzle.

The difficulty level
 ranges from Beginner
 (easiest) to Silver
 to Gold (hardest).



Solution to the
 crossword puzzle and
 the Sudoku can be
 found on Page 22

THE COPPER KETTLE
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PICK. PLAY. WIN.

Make your game picks against the
 spread-earn points-and you could WIN!

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Coming soon...

SHARP EATS

SASKATCHEWAN FOOD TRENDS

Top six ways to enjoy Sask. cherries this summer

By Jenn Sharp

It's cherry season and August is the perfect time to celebrate the beautiful and versatile Saskatchewan cherry in all its glory. Thanks to researchers at the University of Saskatchewan Fruit Program, the province boasts a variety of cherry cultivars (Crimson Jewel, Crispine, Paulsen, Bowne, Jubel, Capital and Valentine) that to eat farmers and entrepreneurs have been getting to good use. The following are a list of the best ways to enjoy cherries this month. And don't forget to check out the festival of Bruno far in annual cherry festival on Aug. 15.

NUMBER 1:

IN A CHOCOLATE BAR.

Cherry & Berry Delight from Idaho Lake sets a decadent Borden & Hayes chocolate bar filled with sour cherries sourced from Heavenly Hills Orchard. It's good for you because it's dark chocolate! The company has a variety of other products, from a spread to a syrup, all made from Crispine Jewel sour cherries. All the products are processed at the U of S Food Centre. Currently only available at Saskatoon Maplelane in Saskatoon, owner Marion Borsik is expanding the company.

NUMBER 2:

AS AN AFTER-DINNER DRINK.

Living Sky Winery's award-winning post-style wines are made from the Bowne and Jubel cherry cultivars. The winery's Jubel and Bowne ports are both used as accompaniments to dessert (greenery, cheese) as the palate. Sold at the Saskatoon and Regina Farmers' markets and at select restaurants in both cities.

NUMBER 3:

DRINKED.

The best dehydrated cherries come from Hill Berry Acres (located in Bowne). Hot and delicious, they're not full of artificial sugar or preservatives. Eat these sour cherries right from the bag, sprinkle on yogurt for breakfast or add to baking and yeast



(Clockwise from top) Cherry & Berry Delight's Sour Cherry and Dark Chocolate bar is best enjoyed with a few cherries or a side of yogurt. Everyday Farms' Crispine Jewel Sour Cherry and Berry Delight's Sour Cherry and Dark Chocolate bar is best enjoyed with a few cherries or a side of yogurt. Bruno Cherry Sunday's Sour Cherry and Berry Delight's Sour Cherry and Dark Chocolate bar is best enjoyed with a few cherries or a side of yogurt. Photo by Michelle Sells

most dishes. Available across the province, go to www.hillberryacres.com for locations.

NUMBER 4:

IN AN ICE CREAM SUNDAE.

Nothing beats vanilla ice cream with Prune Sun Orchard's Sour Cherry Topping on a hot summer day. If you're in Saskatoon, you can try some of the Wenayama company's gourmet ice cream at River Landing's Prune Farm shop (it's also sold at the Saskatoon Farmers' Market).

NUMBER 5:

ON YOUR TOAST.

Over the Hill Orchards makes an odd, pretty packaged spread — the best of which is the Prune Cherry Spread, made from Saskatchewan Dwarf Sour Cherries. Perfect for toast. It has less than half the sugar

of jam and the ingredients are certified organic. Available at the Bowne and Saskatoon Farmers' markets, Sask Maple Marketplace and online at www.overhillorchards.com.

NUMBER 6:

AS A BREAKFAST SHOOTER.

The health properties of Saskatchewan cherries are extensive. Research has shown that tart cherries pack on antioxidant and anti-inflammatory punch. Aunt Mery's Gozanne Cherry Juice from Everyday Farms near Melton is 100 per cent cherry juice. With no added sugar or water, it's perfect for your lips but is also the morning's a great way to kickstart the day. Try it again at night because the juice is also high in melatonin which helps us prove sleep patterns. Available from Maplelane Marketplace in Saskatoon and Old Fashion Foods in Regina.

See a food trend you think deserves a highlight? Email qc@leaderpost.com or visit us on Facebook

BRUNO CHERRY SUNDAY

Aug. 15 in Bruno (90 km east of Saskatoon)

This annual festival is held in Bruno's beautiful and historic grounds of the former Ursuline Convent, now called the Prince Ursuline Centre. In 2003 the University of Saskatchewan Horticulture department used the site for a demonstration orchard for dwarf sour cherry trees. These trees were developed for the province's hard growing conditions. The festival evolved as a way to promote and celebrate the new sour cherry varieties. The 625-acre grounds are currently home to over 15,000 cherry trees.

- Free admission
- 7 a.m. cherry U-Pick opens
- 8 to 11 a.m. pancake breakfast with sausage and cherry syrup
- 11:30 a.m. Cornish oxen, Bowne burgers, cherry-infused smokes and cherry sausages with Bruno Cherry Sauce and Aunt Mery's Artisan Ice Cream
- 11:30 a.m. presentation stage begins with hourly talks on fruit growing and cooking without cherries
- Visit artist vendor booths, enjoy children's activities and local entertainment throughout the day

OUTSIDE THE LINES

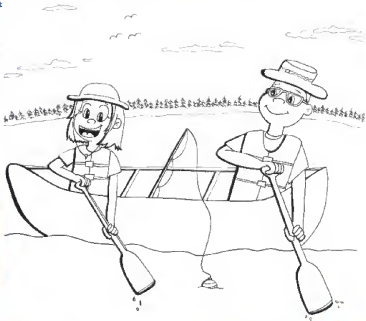
Colouring contest

Each week artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page. Have a picture taken with the finished product and email it to art@leaderpost.com.

One winner will be chosen each week for a prize.

Please send **high-resolution pictures** and include the **child's name and contact information** by Monday at 6 a.m.



Last week's QC colouring contest winner was **Danica Martick**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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Garlic fries



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Try our skin-on fries adorned with chopped garlic and parmesan cheese. Yikes, these are good! Share them if you can!

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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

■ ANNETTE BOWER

A love story with a serious theme

Have you ever wondered what it would be like to live in someone else's body, to experience the world the way they do?

Fiction offers that chance and in my novel, *Woman of Substance*, the main character Robbie Smith goes one step further and does a lot more to discover first-hand how heavy women are treated by society.

Robbie's research makes risky moves for her thesis advance, and more complications arise when Robbie starts to fall for Jake, the new colleague who knows her both as a class work acquaintance, and as his grandfather's overnight and potentially suspect friend.

Robbie and Jake need to learn to trust, to see beneath the surface, to reduce appearances

may not, in fact, be real. But can they get beyond their fears and suspicions, to accept their friendship and let it develop into love?

Like my first book, *Moving On: A Precious Romance*, *Woman of Substance*, as set in Saskatchewan (Moving On, at Regina Beach, *Woman of Substance*).

Woman of Substance also features realistic characters you might meet any day at the supermarket, corner or dog park... people people just like you and me, struggling with loss and acceptance, celebrating love.

It explores similar serious subjects: too, trust, identity, self-esteem, physical appearance, illusion and self-deception.



Annette Bower

And *Woman of Substance*, like *Moving On*, is published in electronic format for e-readers such as Kindle or Kindle Fire. The opportunity to read your books. As a writer I am excited about this, because it makes my work instantly accessible to anyone, anywhere in the world with an internet connection and e-reading device. I love its immediacy. You hear about a book or are enticed by its cover, and moments later you're reading it.

So it's time to close the covers on 30 shades, open the blinds and use your imagination about friendship leading to love right here in our own back yard. Robbie and Jake are our neighbours, the issues they face are our dilemmas, their dreams are a private reflection of love.

Download today. Save paper, save a writer, buy a book.

Annette Bower lives in Regina. For more about *Woman of Substance* and books to purchase visit www.annettebower.com



CAREER OPPORTUNITIES



ASSESSMENT MANAGER City of Prince Albert

The City of Prince Albert has an opportunity available for a motivated individual to work with a small group of dedicated assessment staff to develop assessment values within the City. Under the direction of the City Assessor, this out of scope position has the responsibility for assessment functions including managing the analysis of sales, income, costs and any other relevant information for the valuation of property. Ensuring assessed values are accurate and have been determined pursuant to Provincial Regulations is an essential duty of this position. The Assessment Manager will be responsible for responding to public inquiries and will act for the City Assessor in his absence.

For the complete job posting, please go to
www.citypa.ca

CAREER OPPORTUNITIES IN QC

To advertise or for more information please contact your
Leader-Post advertising
Career Sales account executive
or call (306) 781-5240.

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Aug. 14

Wednesday Night Foli:
Sarah Burton and Corey
Winters
Bushman
3204 Dewdney Ave.

Joe Night!
Every Wednesday
McNally's Tavern
2220 Dewdney Ave.

Paul McCartney
Moscow Stadium

**No Problem, Merch Hills,
Palladium**
The Club at the Exchange
3431 6th Ave.

Thursday, Aug. 15

Tenille Arts
Nora, 18th Downstream summer
concert series
FW Hill Mall, South Street

Havana D'Prima
Cineo Regine Show Lounge
1660 Saskatchewan Dr.

**The Accomplice, The Snake
Oil Salesmen**
McNally's, 2226 Dewdney Ave.

**Trellford, Kaperlene
Stimera, Severed Legion,
Waxenul**
The Club at the Exchange
3431 6th Ave.

**The Backbones and The
Floral**
O'Hanlon's, 1847 South St.

Friday, Aug. 16

**Regine Performing Arts Centre
Stella the Wolf Handstander**
Featuring Indigo Joseph, The
Dead South and Nellie Lady
6 p.m., Regine Performing Arts
Centre, 1017 Angus St.

What Ever
McNally's, 2226 Dewdney Ave.



Music legend Paul McCartney will perform at Moscow Stadium on Aug. 14. (out photo)

**Big Chill Fridays with DJ
Fazbot**
The Lancelotti, 4529 Gordon Rd.

**Jasper Sloan Vis
O'Hanlon's, 1847 South St.**

Saturday, Aug. 17

**Ink Road, Hand Rush, Elec-
tric Mother**
8 p.m., Westford Bar and
Grill, Regine Beach

Kalens
The Exchange, 3431 6th Ave.

Sunday, Aug. 18

Symphony Under the Sky
Featuring: Alex Rankins, Kyffer
Mullins, Wade Howards and
Sylvia Chave
11 a.m.-7 p.m., Waxenul
Centre behind the Royal Sask.
Museum

Garden Moon
6 p.m., Cinema Arts Centre
200 Ledwell Dr.

Monday, Aug. 19

**Monday Night Jazz & Blues:
The Jazz Band-its**
Rhythmiker
2200 Dewdney Ave.

**Wintersun, Flashpod, Apo-
calypse, Ansh, Starfall**
Riddell Centre, U of R

Tuesday, Aug. 20

**Thursday Night Troubadour
jam night**
Every Tuesday, 6-9 p.m.
Bushman, 2207 Park St.

Hunter and Cannon Bros.
O'Hanlon's, 1847 South St.

ART

The Art Gallery
David Laubman employs
humour in the critique of the in-
stitution. Until Aug. 26, Nouriel
Ground, #228-1056 South St.

Procession Must
Lynne Farrell Black and white

photographs to Robert Menard
and Robert Paul capture the
Frontier spirit, the wide open
spaces and the raw ruggedness
of the western province. Until
Aug. 23, Art Gallery of Regina,
2424 Colborne St.

Play
An interactive installation by
Kathleen Irwin and Jeff Man-
tore, using piano sound and
Imagex. Until Aug. 25, Dunlop
Art Gallery—Central Library,
2311-12th Ave.

Disavowed
Saskatchewan Craft Council
show, Until Aug. 25, Mackenzie
Art Gallery, 3475 Albert St.

David Gurneau
Until Aug. 30, Myrienne Gallery
2026 13th Ave.

**How We Filled the Vault: 60
Years of Collecting**
Until Sept. 1, Mackenzie Art
Gallery, 3475 Albert St.

**Sam Stabile: The Journey of a
Canadian Hero**

**LYNE Sept. 2 RCMP Heritage
Museum, 1907 Dewdney Ave.**

**Moon Beams and Night
Dreams**
A retrospective of painting
and mixed media by Joanne
Shannon. Until Sept. 6, Hazue
Gallery, Creative City Centre,
1843 Hamilton St.

How to Make a Monster
Until Oct. 30, Sask. Science
Centre, 2503 Powerhouse Dr.

**Greatest Hits: The Juno Tour
of Canadian Art**
Until Nov. 3, MacKenzie Art
Gallery, 3475 Albert St.

**The Artists of Scott Nichol-
son Plaza Arts**
New exhibitions quarterly
Until July 31, 2014, Regine Cam-
ber Crossing, 3621 Albert St.

Austinbata Gallery
2268 South St.
Open Tuesday to Friday, 10
a.m.-5 p.m., Saturday 10
a.m.-5 p.m.

Heavenwe Gallery
2146 Albert St.
Open Tuesday to Saturday, 10
a.m.-5 p.m.

Starline Fine Art Gallery
2016 Halifax St.
Open Tuesday to Friday, 10
a.m.-6 p.m., Saturday 10 a.m.-
5 p.m.

COMEDY

Comedy United
Every Saturday night
Gabel's, 2334 Dewdney Ave.

Hitchhiker's Improw
Aug. 19, 7:30 p.m.
Creative City Centre, 1843
Hamilton St.

THEATRE

**You're a Good Man, Charlie
Brown**
Prairie Skies Musical Theatre
Tuesday through Saturday
Until Aug. 24, 7 p.m.

Saturday matinee at 2:30 p.m.
4:30 p.m. and 7 p.m., near the
Village of Edenwald
www.prairieskies.ca

Historical Vigorities
Saturday and Tuesday after-
noons until Aug. 21, 1-4 p.m.
Government House, 4667
Dewdney Ave.
RCMP Heritage Centre, 1907
Dewdney Ave.

SPECIAL EVENTS

Regina Farmers' Market
Every Wednesday and Satur-
day, 9 a.m.-1 p.m., City Square
Place, downtown

Words in the Park
Hosted by Saskatchewan
Writers' Guild
Aug. 16, noon-5 p.m.
Victoria Park, downtown

**Yoga Party with Budded Tree
Yoga**
Aug. 15, 5-6 p.m.
Victoria Park, downtown

Salsa on the Plaza
Hosted by Regine Saleros
Aug. 15, 7-10 p.m.
City Square Plaza, downtown

**DreamTime, a Sherrin
Summer Hauling Journey**
A full immersion into the
power of healing music. \$25
Aug. 15, 12:30-3:30 p.m.
Came from the Care, 2054
Broad St.
www.sherrinmusic.com

Art in the Park
Hosted by the Dunlop Art
Gallery
Aug. 16, noon-3:30 p.m.
Victoria Park, downtown

Friday Film Fun: Wall-E
Aug. 16, 2:30-4:30 p.m.
Royal Sask. Museum, 2443
Albert St.

Chorus Under the Stars
Movie TED, plus pre-show
activities
Aug. 16, 6 p.m., City Square
Place, downtown

EVENTS

THE WORLD

Governments House Historical Society Annual Antiques and Collectibles Auction
Aug. 10, 10 a.m.-5 p.m.
Viewing: Aug. 13, noon-5 p.m.
Winning: Aug. 14, 6-6:57
Dewdney Ave.

Falls from the Past: Saturdays in the Summer
Aug. 17, 11 a.m.-3:30 p.m.
Royal Gorge Museum, 3445
Albert St.

Regina Beach Art Project
(Live music, arts market, children's activities and more.)
Aug. 17
Corso Street, Regina Beach

Rackstrawhan Doughiders vs. Montreal Alouettes
Aug. 17 p.m., Moose Stadium

Walk and Talk Gardens Series
Aug. 17, 3-3 p.m.
Governments House, 6607
Dewdney Ave.

Pile 'O Bones Derby Club
After Party
Aug. 17, 7 p.m.
Celia Corbin Club, 2325 Sandra Schuler Way

Calgary Cubs at Regina Thunder
Aug. 18, 2 p.m., Moose Stadium

Heritage Regia Walking Tour: The 1910 Regia Town
Meet guide Robin Huddy at the Sandcastle (north side of Wascana Lake)
Aug. 18, 2 p.m.

Women's soccer
U of R vs. Saskatchewan
Aug. 18, 5 p.m.
U of R Field

Women's soccer
U of R vs. Mount Royal
Aug. 19, 9 a.m.
Bridgman Park — West Park

Yoga Flow with Catherine Howler
Aug. 19, 9 a.m.-1 p.m.
Victoria Park, downtown

Volunteer Skills School
Investigation Station
Games, snacks, songs, stories, crafts and more. Free for children aged 4-12. Call Debbie at 306-761-1087.
Aug. 19-23, 9:30 a.m.-noon
1111 Avenue S.W. Church, 2720 Hill Ave.

Women's soccer
U of R vs. Mount Royal
Aug. 19, 2 p.m.
U of R Field

Women's soccer
U of R vs. Alberta
Aug. 30, 12:30 p.m.
U of R Field

Women's soccer
U of R vs. Mount Royal
Aug. 20, 4:30 p.m.
U of R Field

Chess in the Park
Aug. 20, 10:30 a.m.-1:30 p.m.
Victoria Park, downtown

NEW MOVIES

The Butler
Drama
The story of a White House butler (Forest Whitaker) who served eight American presidents over three decades, from the civil rights movement to Vietnam and beyond, and how those changes affected his life and family.

Jules
Drama
The story of Steve Jobs (Ashton Kutcher), the groundbreaking entrepreneur who helped lead the world through the digital revolution — and the world — forever.

Rock-A-Da 2
Action
After Kiki-A-Da (Aaron Taylor-Johnson) bravely inspired a new wave of self-made masked criminals led by the badass Colonel Stars and Stripes (Jim Carrey), our heroes join

them on patrol. When these amateur superheroes are hunted down by Red Mist (Christopher Meloni-Piazza) — whom he's the father of — only the killer-wielding Hill Girl (Chloe Grace Moretz) can prevent their annihilation.

Demons
Thriller
Two most powerful tech billionaires in the world (Milton Ford and Gary Oldman) are rivals who will stop at nothing to destroy each other. A young supervisor (Liam Hemsworth) becomes trapped amid the twists and turns of their life and death game of corporate espionage.

The Mental Instruments City of Bones (Aug. 21)
Action
Tom Clary Ray learns that she comes from a long line of Shadowhunters, a secret group of young half-angel warriors who strive to protect our world from demons. She joins a group who introduce her to an alternate New York called Downworld, filled with deadly creatures.

Galaxy Cinema:
320 Muncipity Blvd. N
409-522-5098

Chaplin Odeon
Southland Mall Cinemas
3025 Gordon Rd.
305-555-3363

Regina Public Library Theatre
2311 13th Ave. 306-777-0104

Neon Inn
3503 Powerhouse Dr.
369-522-4625

Rainbow Cinema
Golden Mile Shopping Centre
3805 Albert St.
369-359-0250

VINHO VERDE

Give these light and sunny Portuguese whites a try

By James Romanow

A couple of weeks ago, at a cocktail party during the Festival of Worlds in Moose Jaw, I introduced, or more likely re-introduced, a handful of visitors to Vinho Verde, the light white wine from Portugal.

If one of my favourite breakfast wines, not least because of the sprightly, tongue-tackling character and also because of the very light alcohol content. Both characteristics make the wine one of the best special wines in the world. A glass of this stuff and you feel refreshed and ready for more complex dishes and wines.

Alternately, you can drink it as the Portuguese do as a sort of thinking drinker's ale. We had it offered to us from 1 a.m. to midnight when in Lisbon, and sampled it at pretty much all those times. There are however — 12 per cent alcohol by volume (ABV) — versions that try for more gravitas, but I was never won over. I pre-fer the lighter, sunnier, what the field remains. All I've had are brands for if you prefer the French, perhaps with a natural carbonation. They aren't as bubbly as a soda or a full-blown sparkling wine but have a degree of carbonation that adds to the lightness of the wine.

There are two here, and their bottles display the country's Gazinha in the midday lighter version (9 per cent ABV) with a bright butt attack. Twin Vines is slightly stronger (10 per cent



ABV) and feels a little more carbonated. Regardless, both are great summer wines, wonderful with a salad, a lunch or just sipping in the sun. At that price, buy both and pick a favourite.

Twin Vines Vinho Verde, Portugal. \$11.99
Gazinha Vinho Verde, Portugal. \$11.99

More white wine reviews in Monday's Local Post or gohubs.com/Twitter

Crossword/Sudoku answers

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| S | K | I | D | L | O | W | M | I | F | I |
| A | R | N | E | E | N | D | U | N | E | P |
| M | E | T | A | T | I | M | E | G | O | I |
| P | A | W | N | S | H | O | P | I | G | N |
| C | O | R | I | A | N | P | O | L | E | C |
| U | R | L | I | A | T | E | R | S | I | |
| S | M | A | S | H | K | I | A | P | P | I |
| M | A | L | T | O | R | P | O | R | T | A |
| A | A | S | V | I | R | O | I | L | L | I |
| T | R | I | P | T | O | R | I | A | S | |
| S | C | A | F | A | R | O | R | I | A | |
| H | E | X | T | O | N | S | C | A | D | L |
| H | O | D | O | R | D | A | N | N | A | I |
| A | R | E | N | A | N | T | R | O | C | H |
| M | A | R | S | H | O | N | K | O | N | A |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|--|--|
| 7 | 8 | 3 | 6 | 9 | 4 | 1 | 5 | 2 | | |
| 4 | 5 | 1 | 8 | 2 | 3 | 6 | 9 | 7 | | |
| 9 | 2 | 6 | 5 | 7 | 1 | 3 | 8 | 4 | | |
| 5 | 1 | 2 | 9 | 8 | 7 | 4 | 3 | 6 | | |
| 3 | 9 | 8 | 2 | 4 | 6 | 7 | 1 | 5 | | |
| 6 | 4 | 7 | 3 | 1 | 5 | 8 | 2 | 9 | | |
| 2 | 3 | 5 | 7 | 6 | 8 | 9 | 4 | 1 | | |
| 8 | 7 | 4 | 1 | 5 | 9 | 2 | 6 | 3 | | |
| 1 | 6 | 9 | 4 | 3 | 2 | 5 | 7 | 8 | | |



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